

SYMPTOM SURVEY FORM
(Restricted to Professional Use)

WOODWARD CHIROPRACTIC
4008 PRESTON HWY.
LOUISVILLE, KY 40213-1612

PATIENT _____ AGE _____ DOCTOR _____ DATE _____

INSTRUCTIONS: Circle the number that applies to you. If a symptom does not apply, leave it blank.
Circle either: (1) for **MILD** symptoms (occurs rarely), (2) for **MODERATE** symptoms (occurs several times a month),
or (3) for **SEVERE** symptoms (occurs almost constantly).

GROUP ONE

- | | | |
|-----------------------------------|--|-----------------------------------|
| 1 - 1 2 3 Acid foods upset | 8 - 1 2 3 Gag Easily | 15 - 1 2 3 Appetite reduced |
| 2 - 1 2 3 Get chilled, often | 9 - 1 2 3 Unable to relax, startles easily | 16 - 1 2 3 Cold sweats often |
| 3 - 1 2 3 "Lump" in throat | 10 - 1 2 3 Extremities cold, clammy | 17 - 1 2 3 Fever easily raised |
| 4 - 1 2 3 Dry mouth-eyes-nose | 11 - 1 2 3 Strong light irritates | 18 - 1 2 3 Neuralgia-like pains |
| 5 - 1 2 3 Pulse speeds after meal | 12 - 1 2 3 Urine amount reduced | 19 - 1 2 3 Staring, blinks little |
| 6 - 1 2 3 Keyed up - fail to calm | 13 - 1 2 3 Heart pounds after retiring | 20 - 1 2 3 Sour stomach frequent |
| 7 - 1 2 3 Cuts heal slowly | 14 - 1 2 3 "Nervous" stomach | |

GROUP TWO

- | | | |
|---|--|--|
| 21 - 1 2 3 Joint stiffness after arising | 29 - 1 2 3 Digestion rapid | 37 - 1 2 3 "Slow starter" |
| 22 - 1 2 3 Muscle-leg-toe cramps at night | 30 - 1 2 3 Vomiting frequent | 38 - 1 2 3 Get "chilled" infrequently |
| 23 - 1 2 3 "Butterfly" stomach, cramps | 31 - 1 2 3 Hoarseness frequent | 39 - 1 2 3 Perspire easily |
| 24 - 1 2 3 Eyes or nose watery | 32 - 1 2 3 Breathing irregular | 40 - 1 2 3 Circulation poor,
sensitive to cold |
| 25 - 1 2 3 Eyes blink often | 33 - 1 2 3 Pulse slow; feels "irregular" | |
| 26 - 1 2 3 Eyelids swollen, puffy | 34 - 1 2 3 Gagging reflex slow | 41 - 1 2 3 Subject to colds,
asthma, bronchitis |
| 27 - 1 2 3 Indigestion soon after meals | 35 - 1 2 3 Difficulty swallowing | |
| 28 - 1 2 3 Always seem hungry;
feels "lightheaded" often | 36 - 1 2 3 Constipation,
diarrhea alternating | |

GROUP THREE

- | | | |
|---|--|---|
| 42 - 1 2 3 Eat when nervous | 49 - 1 2 3 Heart palpitates if meals
missed or delayed | 53 - 1 2 3 Crave candy or coffee
in afternoons |
| 43 - 1 2 3 Excessive appetite | | |
| 44 - 1 2 3 Hungry between meals | 50 - 1 2 3 Afternoon headaches | 54 - 1 2 3 Moods of depression -
"blues" or melancholy |
| 45 - 1 2 3 Irritable before meals | 51 - 1 2 3 Overeating sweets upsets | |
| 46 - 1 2 3 Get "shaky" if hungry | 52 - 1 2 3 Awaken after few hours sleep
- hard to get back to sleep | 55 - 1 2 3 Abnormal craving for
sweets or snacks |
| 47 - 1 2 3 Fatigue, eating relieves | | |
| 48 - 1 2 3 "Lightheaded" if meals delayed | | |

GROUP FOUR

- | | | |
|---|---|--|
| 56 - 1 2 3 Hands and feet go to sleep
easily, numbness | 63 - 1 2 3 Get "drowsy" often | 68 - 1 2 3 Bruise easily, "black
and blue" spots |
| 57 - 1 2 3 Sigh frequently, "air
hunger" | 64 - 1 2 3 Swollen ankles
worse at night | 69 - 1 2 3 Tendency to anemia |
| 58 - 1 2 3 Aware of "breathing
heavily" | 65 - 1 2 3 Muscle cramps, worse
during exercise; get
"charley horses" | 70 - 1 2 3 "Nose bleeds" frequent |
| 59 - 1 2 3 High altitude discomfort | 66 - 1 2 3 Shortness of breath
on exertion | 71 - 1 2 3 Noises in head, or
"ringing in ears" |
| 60 - 1 2 3 Opens windows in
closed room | 67 - 1 2 3 Dull pain in chest or
radiating into left arm,
worse on exertion | 72 - 1 2 3 Tension under the
breastbone, or feeling
of "tightness",
worse on exertion |
| 61 - 1 2 3 Susceptible to colds
and fevers | | |
| 62 - 1 2 3 Afternoon "yawner" | | |

GROUP FIVE

- | | | |
|--|---|--|
| 73 - 1 2 3 Dizziness | 83 - 1 2 3 Feeling queasy; headache over eyes | 91 - 1 2 3 Sneezing attacks |
| 74 - 1 2 3 Dry skin | 84 - 1 2 3 Greasy foods upset | 92 - 1 2 3 Dreaming, nightmare type bad dreams |
| 75 - 1 2 3 Burning feet | 85 - 1 2 3 Stools light-colored | 93 - 1 2 3 Bad breath (halitosis) |
| 76 - 1 2 3 Blurred vision | 86 - 1 2 3 Skin peels on foot soles | 94 - 1 2 3 Milk products cause distress |
| 77 - 1 2 3 Itching skin and feet | 87 - 1 2 3 Pain between shoulder blades | 95 - 1 2 3 Sensitive to hot weather |
| 78 - 1 2 3 Excessive falling hair | 88 - 1 2 3 Use laxatives | 96 - 1 2 3 Burning or itching anus |
| 79 - 1 2 3 Frequent skin rashes | 89 - 1 2 3 Stools alternate from soft to watery | 97 - 1 2 3 Crave sweets |
| 80 - 1 2 3 Bitter, metallic taste in mouth in mornings | 90 - 1 2 3 History of gallbladder attacks or gallstones | |
| 81 - 1 2 3 Bowel movements painful or difficult | | |
| 82 - 1 2 3 Worrier, feels insecure | | |

GROUP SIX

- | | | |
|---|---|---|
| 98 - 1 2 3 Loss of taste for meat | 101 - 1 2 3 Coated tongue | 104 - 1 2 3 Mucous colitis or "irritable bowel" |
| 99 - 1 2 3 Lower bowel gas several hours after eating | 102 - 1 2 3 Pass large amounts of foul-smelling gas | 105 - 1 2 3 Gas shortly after eating |
| 100 - 1 2 3 Burning stomach sensations, eating relieves | 103 - 1 2 3 Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hours | 106 - 1 2 3 Stomach "bloating" after eating |

GROUP SEVEN

- | | | |
|--|--|--|
| (A) | | (E) |
| 107 - 1 2 3 Insomnia | | 150 - 1 2 3 Dizziness |
| 108 - 1 2 3 Nervousness | | 151 - 1 2 3 Headaches |
| 109 - 1 2 3 Can't gain weight | | 152 - 1 2 3 Hot flashes |
| 110 - 1 2 3 Intolerance to heat | (C) | 153 - 1 2 3 Increased blood pressure |
| 111 - 1 2 3 Highly emotional | 137 - 1 2 3 Failing memory | 154 - 1 2 3 Hair growth on face or body (female) |
| 112 - 1 2 3 Flush easily | 138 - 1 2 3 Low blood pressure | 155 - 1 2 3 Sugar in urine (not diabetes) |
| 113 - 1 2 3 Night sweats | 139 - 1 2 3 Increased sex drive | 156 - 1 2 3 Masculine tendencies (female) |
| 114 - 1 2 3 Thin, moist skin | 140 - 1 2 3 Headaches, "splitting or rendering" type | |
| 115 - 1 2 3 Inward trembling | 141 - 1 2 3 Decreased sugar tolerance | (F) |
| 116 - 1 2 3 Heart palpitates | | 157 - 1 2 3 Weakness, dizziness |
| 117 - 1 2 3 Increased appetite without weight gain | (D) | 158 - 1 2 3 Chronic fatigue |
| 118 - 1 2 3 Pulse fast at rest | 142 - 1 2 3 Abnormal thirst | 159 - 1 2 3 Low blood pressure |
| 119 - 1 2 3 Eyelids and face twitch | 143 - 1 2 3 Bloating of abdomen | 160 - 1 2 3 Nails, weak, ridged |
| 120 - 1 2 3 Irritable and restless | 144 - 1 2 3 Weight gain around hips or waist | 161 - 1 2 3 Tendency to hives |
| 121 - 1 2 3 Can't work under pressure | 145 - 1 2 3 Sex drive reduced or lacking | 162 - 1 2 3 Arthritic tendencies |
| (B) | 146 - 1 2 3 Tendency to ulcers, colitis | 163 - 1 2 3 Perspiration increase |
| 122 - 1 2 3 Increase in weight | 147 - 1 2 3 Increased sugar tolerance | 164 - 1 2 3 Bowel disorders |
| 123 - 1 2 3 Decrease in appetite | 148 - 1 2 3 Women: menstrual disorders | 165 - 1 2 3 Poor circulation |
| 124 - 1 2 3 Fatigue easily | 149 - 1 2 3 Young girls: lack of menstrual function | 166 - 1 2 3 Swollen ankles |
| 125 - 1 2 3 Ringing in ears | | 167 - 1 2 3 Crave salt |
| 126 - 1 2 3 Sleepy during day | | 168 - 1 2 3 Brown spots or bronzing of skin |
| 127 - 1 2 3 Sensitive to cold | | 169 - 1 2 3 Allergies - tendency to asthma |
| 128 - 1 2 3 Dry or scaly skin | | 170 - 1 2 3 Weakness after colds, influenza |
| 129 - 1 2 3 Constipation | | 171 - 1 2 3 Exhaustion - muscular and nervous |
| 130 - 1 2 3 Mental sluggishness | | 172 - 1 2 3 Respiratory disorders |
| 131 - 1 2 3 Hair coarse, falls out | | |
| 132 - 1 2 3 Headaches upon arising wear off during day | | |
| 133 - 1 2 3 Slow pulse, below 65 | | |
| 134 - 1 2 3 Frequency of urination | | |
| 135 - 1 2 3 Impaired hearing | | |
| 136 - 1 2 3 Reduced initiative | | |

GROUP EIGHT

- 173 - 1 2 3 Apprehension
 174 - 1 2 3 Irritability
 175 - 1 2 3 Morbid fears
 176 - 1 2 3 Never seems to get well
 177 - 1 2 3 Forgetfulness
 178 - 1 2 3 Indigestion
 179 - 1 2 3 Poor appetite
 180 - 1 2 3 Craving for sweets
 181 - 1 2 3 Muscular soreness
 182 - 1 2 3 Depression; feelings of dread
 183 - 1 2 3 Noise sensitivity
 184 - 1 2 3 Acoustic hallucinations
 185 - 1 2 3 Tendency to cry without reason
 186 - 1 2 3 Hair is coarse and/or thinning
 187 - 1 2 3 Weakness
 188 - 1 2 3 Fatigue
 189 - 1 2 3 Skin sensitive to touch
 190 - 1 2 3 Tendency toward hives
 191 - 1 2 3 Nervousness
 192 - 1 2 3 Headache
 193 - 1 2 3 Insomnia
 194 - 1 2 3 Anxiety
 195 - 1 2 3 Anorexia
 196 - 1 2 3 Inability to concentrate; confusion
 197 - 1 2 3 Frequent stuffy nose; sinus infections
 198 - 1 2 3 Allergy to some foods
 199 - 1 2 3 Loose joints

FEMALE ONLY

- 200 - 1 2 3 Very easily fatigued
 201 - 1 2 3 Premenstrual tension
 202 - 1 2 3 Painful menses
 203 - 1 2 3 Depressed feelings before menstruation
 204 - 1 2 3 Menstruation excessive and prolonged
 205 - 1 2 3 Painful breasts
 206 - 1 2 3 Menstruate too frequently
 207 - 1 2 3 Vaginal discharge
 208 - 1 2 3 Hysterectomy/ovaries removed
 209 - 1 2 3 Menopausal hot flashes
 210 - 1 2 3 Menses scanty or missed
 211 - 1 2 3 Acne, worse at menses
 212 - 1 2 3 Depression of long standing

MALE ONLY

- 213 - 1 2 3 Prostate trouble
 214 - 1 2 3 Urination difficult or dribbling
 215 - 1 2 3 Night urination frequent
 216 - 1 2 3 Depression
 217 - 1 2 3 Pain on inside of legs or heels
 218 - 1 2 3 Feeling of incomplete bowel evacuation
 219 - 1 2 3 Lack of energy
 220 - 1 2 3 Migrating aches and pains
 221 - 1 2 3 Tire too easily
 222 - 1 2 3 Avoids activity
 223 - 1 2 3 Leg nervousness at night
 224 - 1 2 3 Diminished sex drive

IMPORTANT

TO THE PATIENT: Please list below the five main physical complaints you have in order of their importance.

1. _____
2. _____
3. _____
4. _____
5. _____

(TO BE COMPLETED BY DOCTOR)

Postural Blood Pressure: Recumbent _____ Standing _____ Pulse _____

Hema-Combistix Urine readings: pH _____ Albumin per cent _____ Glucose per cent _____

Occult Blood _____ pH of Saliva _____ pH of Stool specimen _____ Weight _____

Hemoglobin _____ Blood Clotting Time _____

BARNES THYROID TEST

This test was developed by Dr. Broda Barnes, M.D. and is a measurement of the underarm temperature to determine hypo and hyperthyroid states. The test is conducted by the patient in the a.m. before leaving bed - with the temperature being taken for 10 minutes. The test is invalidated if the patient expends any energy prior to taking the test - getting up for any reason, shaking down the thermometer, etc. It is important that the test be conducted for exactly 10 minutes, making the prior positioning of both the thermometer and a clock important.

PRE-MENSES FEMALES AND MENOPAUSAL FEMALES

Any two days during the month

FEMALES HAVING MENSTRUAL CYCLES

The 2nd and 3rd day of flow OR any 5 days in a row.

MALES

Any 2 days during the month.

You can do the following test at home to see if you may have a functional low thyroid. Use an oral thermometer or a digital one. When you use a digital one, place the probe under your arm for 5 minutes then turn your machine on; continue on for an additional 5 minutes. When using a regular one, shake down the night before.

Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____

BP SIT _____ BP STAND _____
 PULSE SIT _____ PULSE STAND _____
 SALIVA PH _____ BLOOD TYPE _____